$pending Your Calorie $alary

MyPyramid.gov
STEPS TO A HEALTHIER YOU

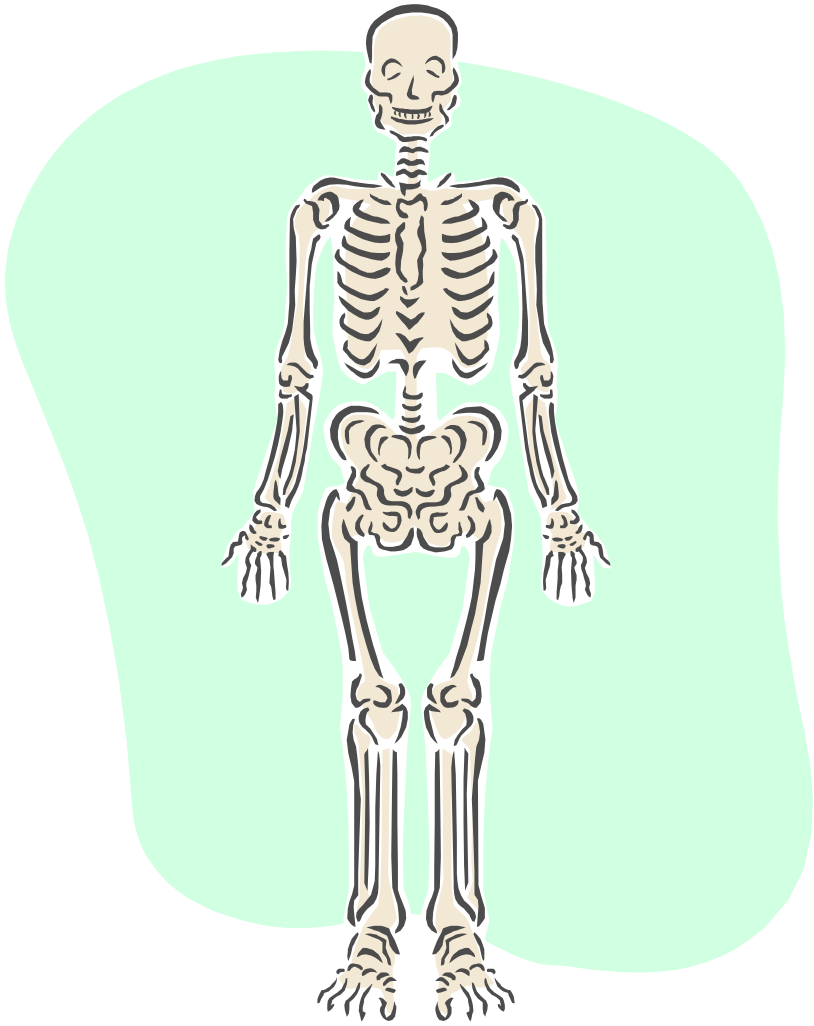
Tips for Using MyPyramid

Changes in dietary recommendations

MyPyramid differs from previous Pyramid:

- **Gives more specific guidelines about the types and amounts of foods to eat.**
- **Places more emphasis on physical activity.**

A quick anatomy lesson



Anatomy of MyPyramid

USDA'S new MyPyramid symbolizes a simple, personalized approach to remind consumers to make healthy food choices and to be active every day.

Anatomy of MyPyramid:
Activity

ACTIVITY

Represented by the steps and the person climbing them.

Anatomy of MyPyramid:
Moderation

MODERATION

- **Each food group narrows toward the top.**
- **The base represents foods with little or no solid fats or added sugars, which should be selected more often.**
- **The narrower top stands for foods containing more sugars and solid fats. You can eat more of these if you're more active.**

Anatomy of MyPyramid:
Personalization

PERSONALIZATION

The person on the steps, slogan and URL stress finding the amount of foods YOU need daily.

Anatomy of MyPyramid:
Proportionality

PROPORTIONALITY

The different food group bands are shown by different widths. The widths are just a general guide to proportions.

Anatomy of MyPyramid:
Variety

VARIETY

The 6 color bands represent the different food groups. This illustrates foods from all groups are needed daily.

GRAINS | VEGETABLES | FRUITS | OILS | MILK | MEAT & BEANS

Anatomy of MyPyramid:
Gradual Improvement

GRADUAL IMPROVEMENT

The slogan suggests people can take small steps to improve diet and lifestyle each day.

Spending your “calorie salary”

- **Think of MyPyramid dietary guidelines as a “calorie salary.”**
- **Plan calories the same as major expenses — a car, house, vacation, etc.**
- **5 “budgeting” steps follow…**

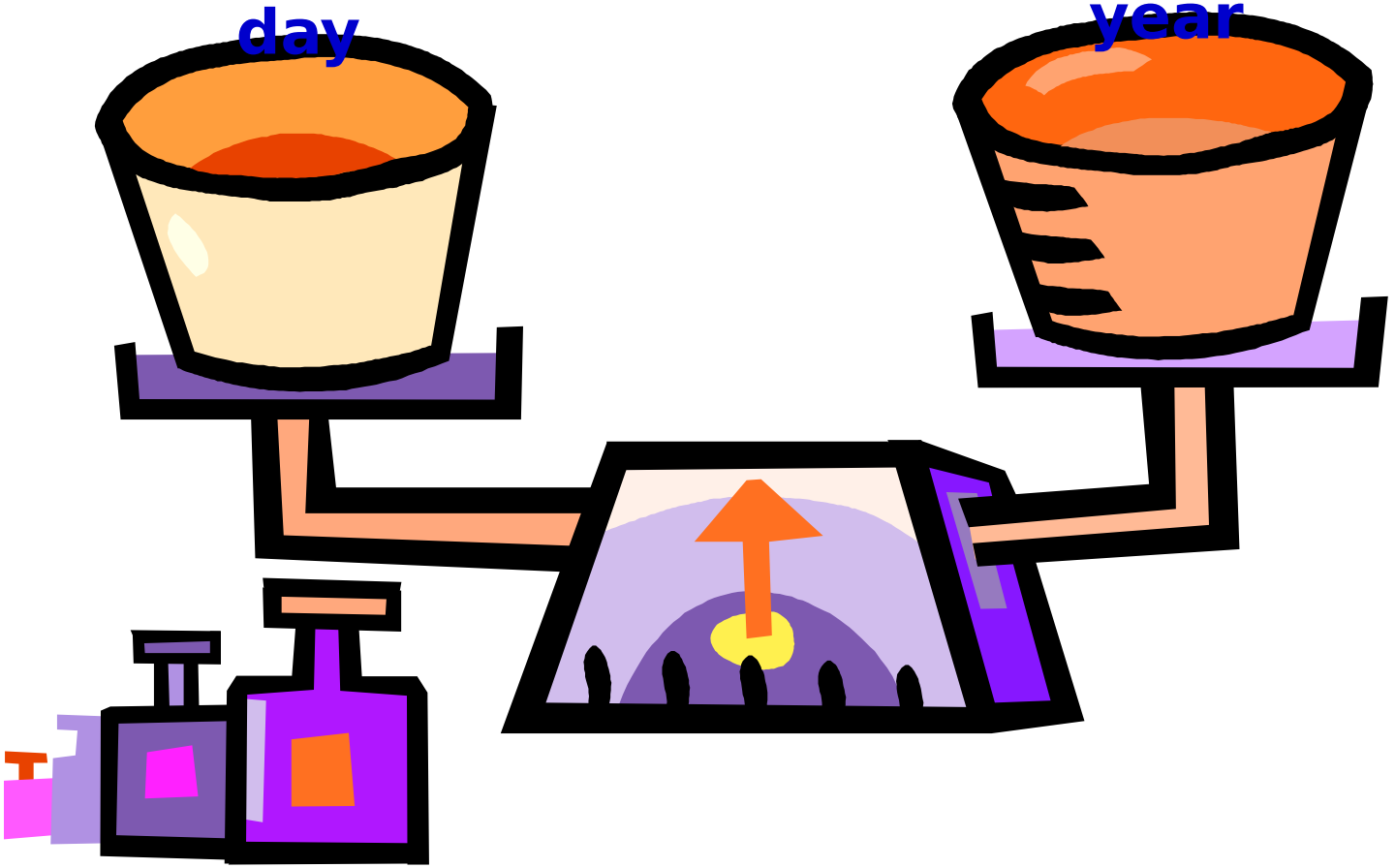
5 budgeting$ teps

1. **Stay within your budget**
2. **Consider “true cost” of poor nutrition**
3. **Choose the most value for calorie salary**
4. **Spend on “extras” after the necessities are purchased**
5. **Plan a budget for YOU**

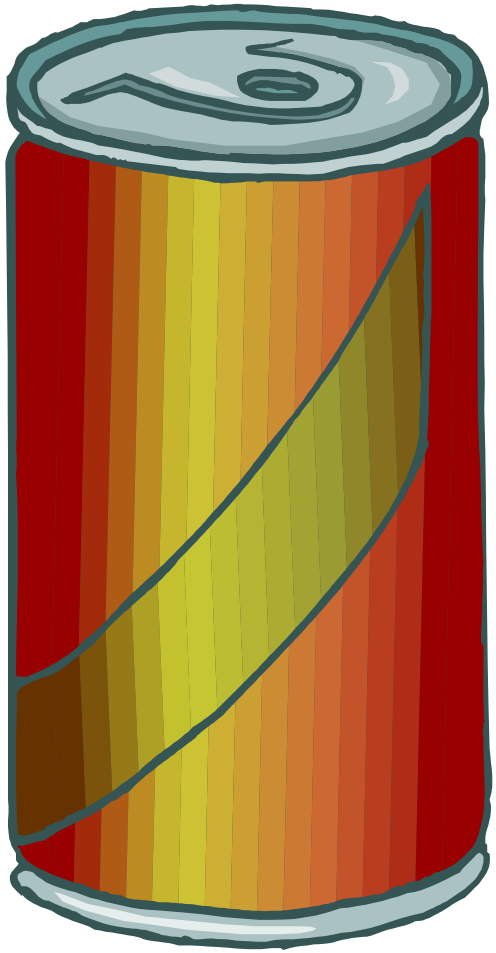
$tep 1. Stay within your budget

100 *extra* calories per day

10 pound weight gain per year



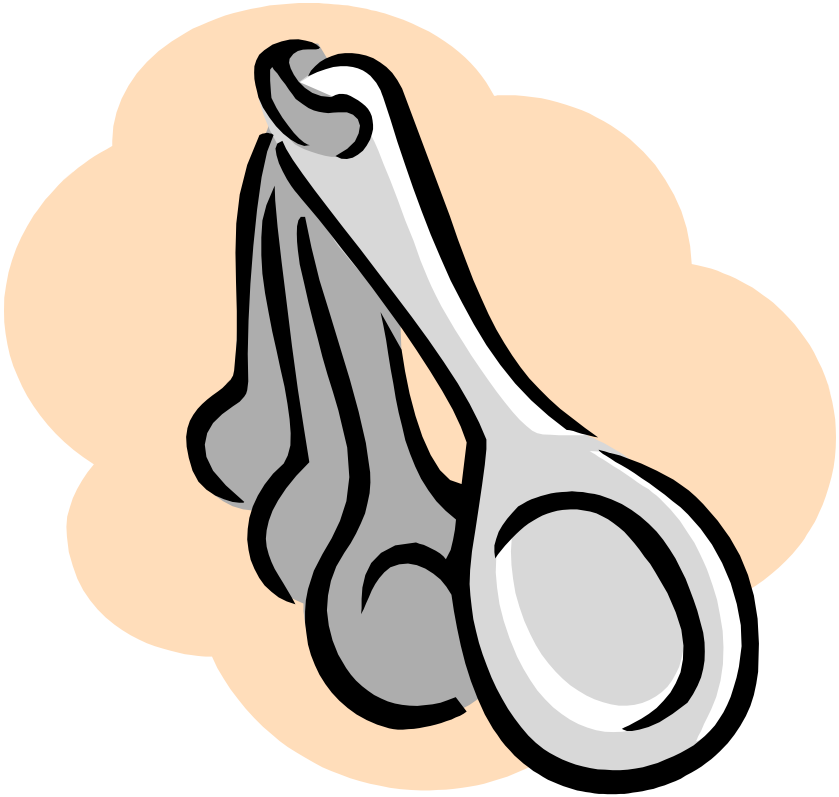
Examples of 100 calories



⅔ can of a regular soft drink or beer

Examples of 100 calories

- **2 tablespoons maple syrup**
- **1 tablespoon butter or margarine**
- **2 tablespoons jelly or jam**



Examples of 100 calories

10 large jelly beans (1 ounce)

Learn how much and what to eat for YOUR calorie level at MyPyramid.gov

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Related Links
Steps to a Healthier You
My Pyramid Plan
Age:
Sex:
[Select]
Physical Activity:
Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.
[Select]
SUBMIT
One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level in the MyPyramid Plan box.
For a detailed assessment of your food intake and physical activity level, click on MyPyramid Tracker.
Use the advice "Inside MyPyramid" to help you
Make smart choices from every food group,
Find your balance between food and physical activity, and
Tip of the Week
MyPyramid: Do it for you. Make one small change each day for a healthier you.

Submit age, sex and activity level for a personalized MyPyramid

Calculation results are personalized

Search MyPyramid.gov

Go

Subjects

- My Pyramid Plan
- Inside the Pyramid
- Tips & Resources
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My Pyramid Plan

Based on the information you provided and the average needs for your age, gender and physical activity [Age: 58, Sex: female, Physical Activity: 30 to 60 Minutes] your results indicate that you should eat these amounts from the following food groups daily.

Your results are based on a 1800 calorie pattern*.

Grains [1]	6 ounces	tips
Vegetables [2]	2.5 cups	tips
Fruits	1.5 cups	tips
Milk	3 cups	tips
Meat & Beans	5 ounces	tips

Click the food groups above to learn more.

[1] Make Half Your Grains Whole

Aim for at least 3 whole grains a day

[2] Vary Your Veggies

Aim for this much every week:

Dark Green Vegetables = 3 cups weekly
Orange Vegetables = 2 cups weekly
Dry Beans & Peas = 3 cups weekly
Starchy Vegetables = 3 cups weekly
Other Vegetables = 6 1/2 cups weekly

Oils & Discretionary Calories

Aim for 5 teaspoons of oils a day

Limit your extras (extra fats & sugars) to 195 Calories

*This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

View, Print & Learn More:

- Click here to view and print a PDF version of **your results**.
- Click here to view and print a PDF of a helpful **Meal Tracking Worksheet**.
- For a more detailed assessment of your diet quality and physical activity go to the **My Pyramid Tracker**.

You will need the free Adobe Acrobat Reader plug-in to view and print the above PDF files.

More information available

Sample meal tracking worksheet: 2000 calories

MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today	Food Group	Tip	Goal	List each food choice in its food group*	Estimate Your Total
	GRAINS	Make at least half your grains whole grains	**6 ounce equivalents** (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup rice or pasta)		ounce equivalents
	VEGETABLES	Try to have vegetables from several subgroups each day	**2 ½ cups** Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies		cups
	FRUITS	Make most choices fruit, not juice	**2 cups**		cups
	MILK	Choose fat-free or low fat most often	**3 cups** (1 ½ ounces cheese = 1 cup milk)		cups
	MEAT & BEANS	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	**5 ½ ounce equivalents** (1 ounce equivalent is 1 ounce meat, poultry or fish, 1 T. peanut butter, ½ ounce nuts, ¼ cup dry beans or peas)	*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.	ounce equivalents
	PHYSICAL ACTIVITY	Build more physical activity into your daily routine at home and work.	At least **30 minutes** of moderate to vigorous activity a day, 10 minutes or more at a time.		minutes

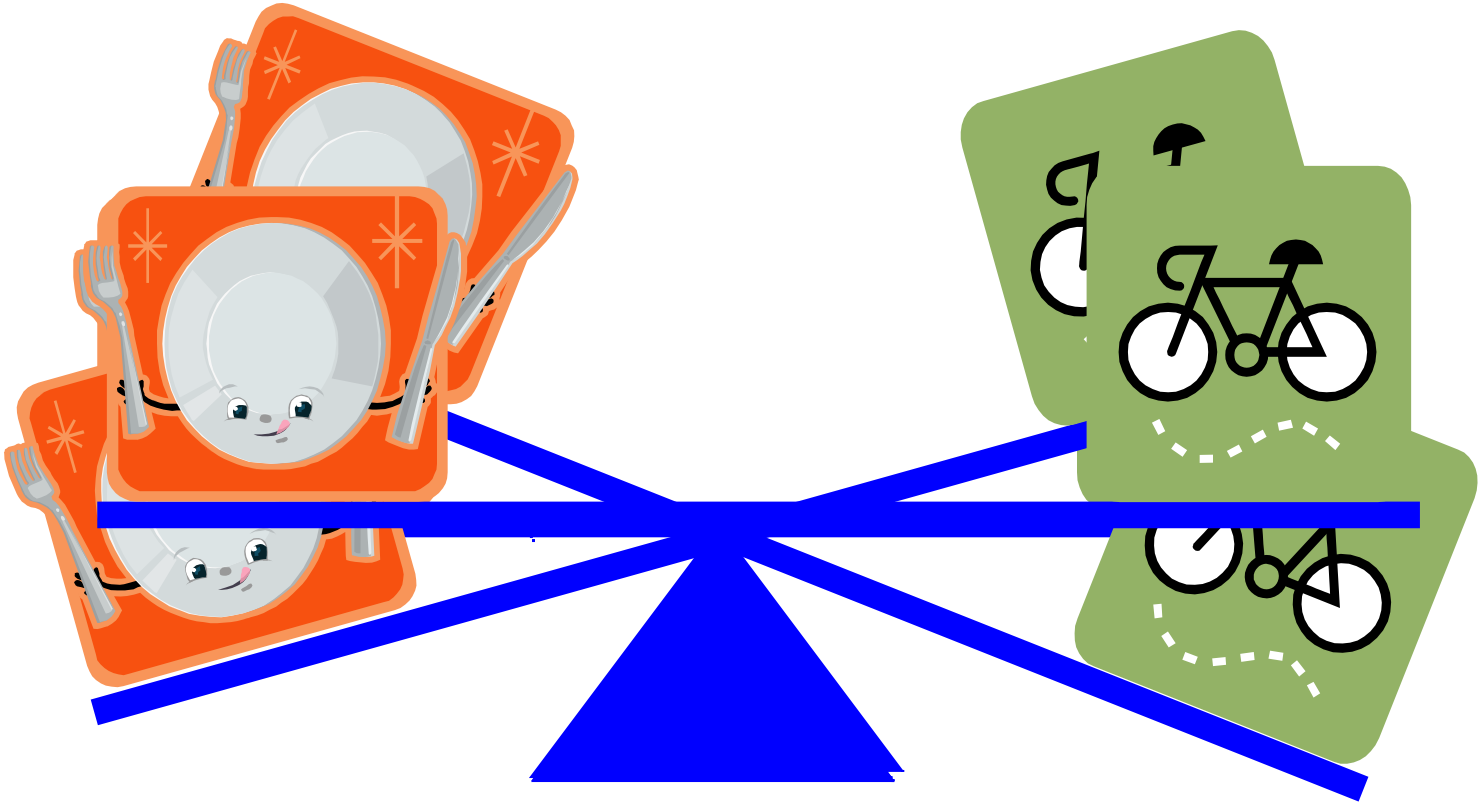
How did you do today? ☐ Great ☐ So-So ☐ Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

http://www.mypyramid.gov/downloads/worksheets/Worksheet_2000_18.pdf

Balance food calories with physical activity level



Physical activity recommended for MOST days of week

- **Adult recommendations vary by goal:**
  - **Reduce risk of chronic disease: 30 minutes of moderate intensity**
  - **Manage weight and prevent weight gain: 60 minutes of moderate to vigorous activity**
  - **Sustain a weight loss: 60 to 90 minutes of moderate to vigorous activity**
- **Children and teens: 60 minutes**

Moderate physical activities include:

Walking briskly (about 3½ miles per hour)

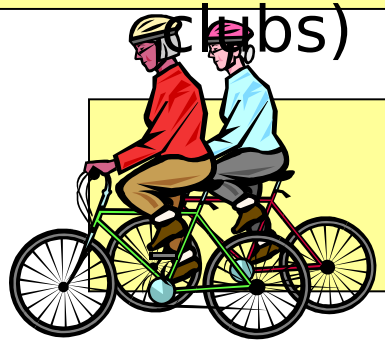
Hiking

Gardening/ yard work

Golf (walking and carrying clubs)

Weight training (general light workout)

Dancing



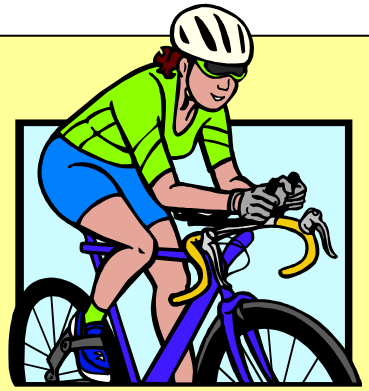
Bicycling (less than 10 miles per hour)

Vigorous physical activities include:

Swimming (freestyle laps)

Heavy yard work, such as chopping wood

Aerobics



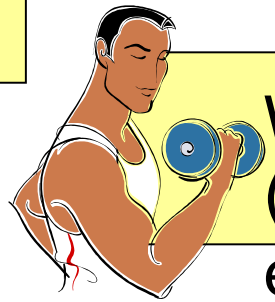
Bicycling (more than 10 miles per hour)

Basketball (competitive)

Running, jogging (5 miles per hour)

Walking very fast

(4½ miles per



Weight lifting (vigorous effort)

Ways to increase physical activity

Walk up and down the soccer or softball field sidelines while watching the kids play.

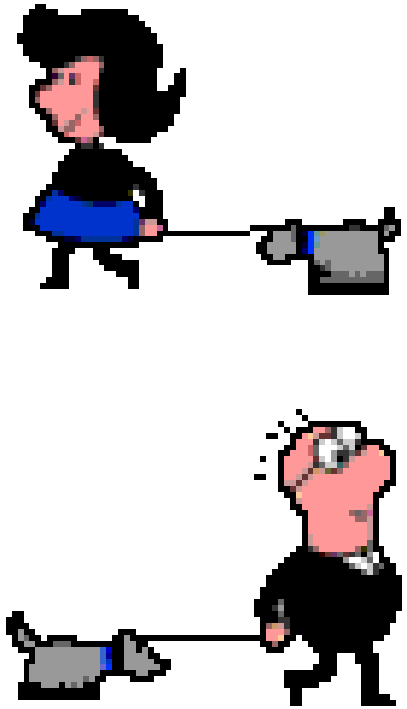
Ways to increase physical activity

Replace a coffee break with a brisk walk.

Ask a friend to go with you.

Ways to increase physical activity

Walk the dog — don’t just watch the dog walk.



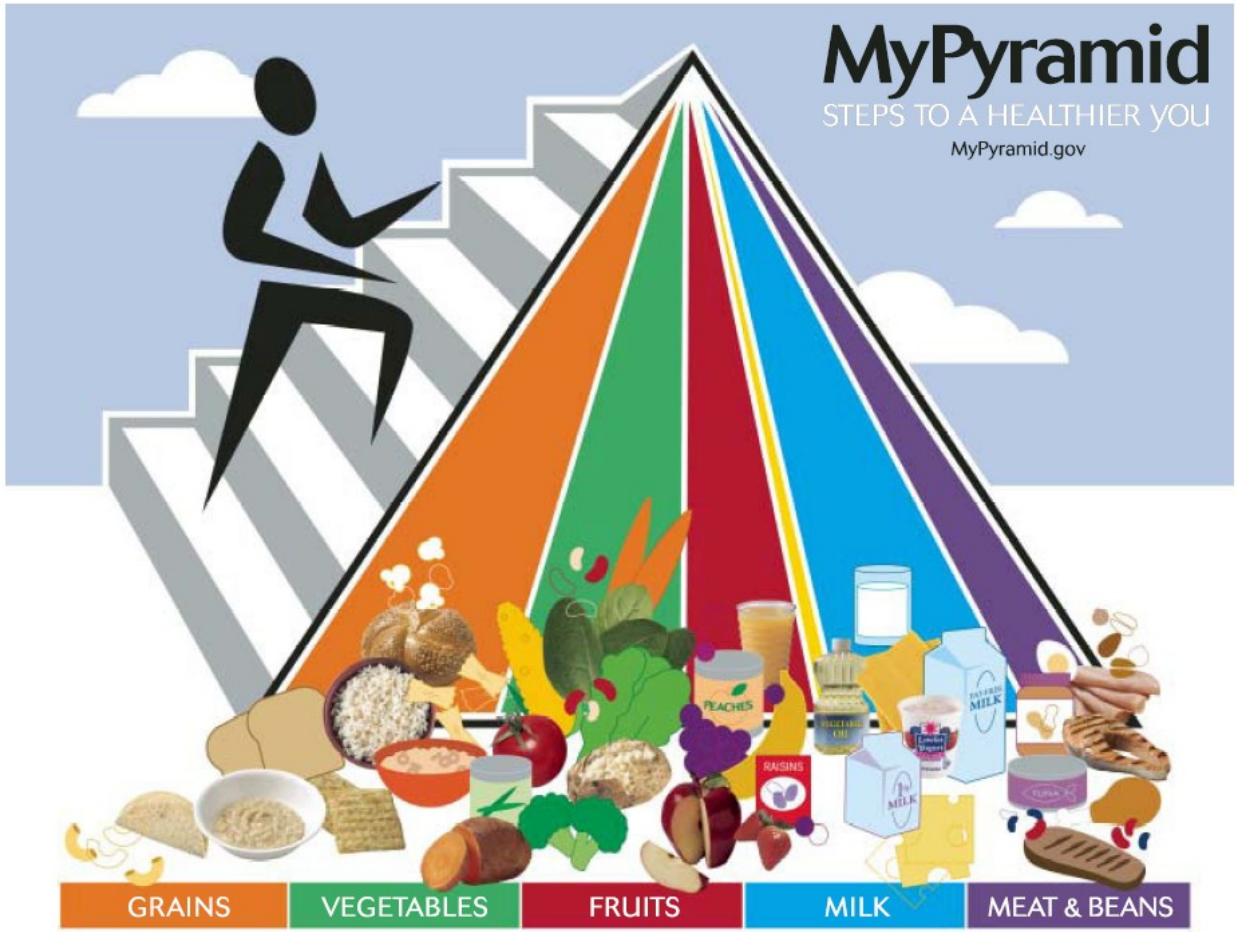
Most important – have fun while being active!

5 budgeting$ teps

1. Stay within your budget
2. Consider “true cost” of poor nutrition
3. Choose the most value for calorie salary
4. Spend on “extras” after the necessities are purchased
5. Plan a budget for YOU

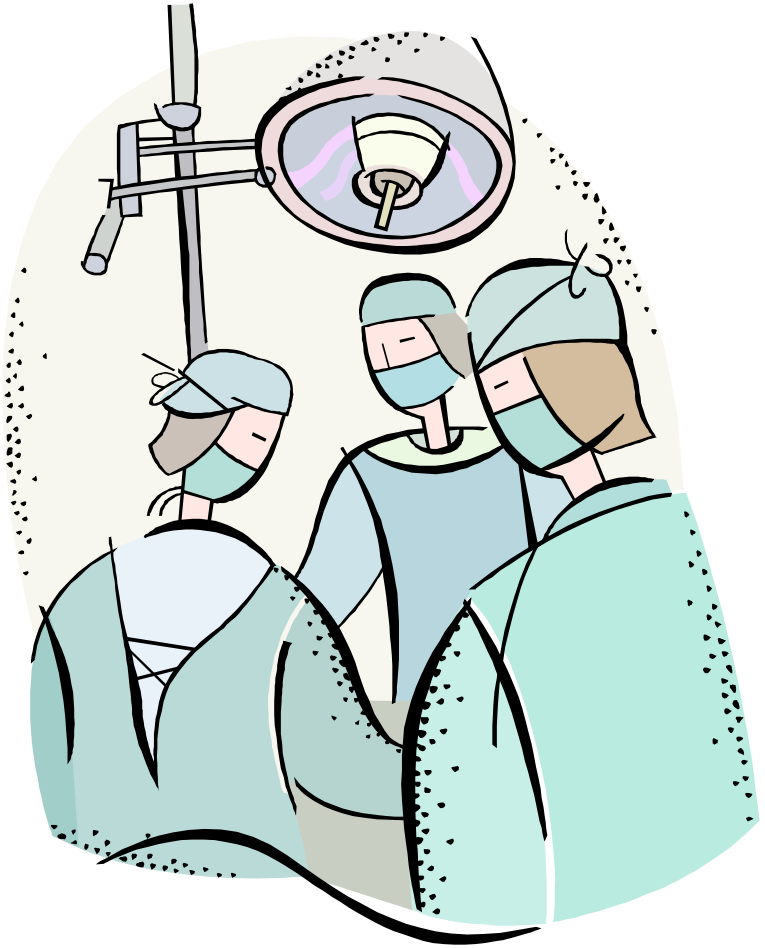
$tep 2. Consider "true cost" of poor nutrition

What about the cost in dollars and cents of following MyPyramid guidelines?



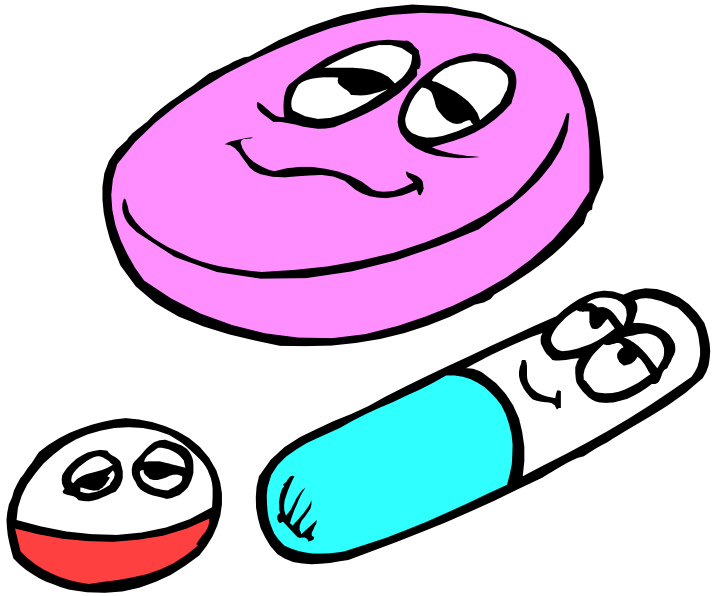
Foods that do little to meet nutrient needs — even if they're within our calorie salary — can put our health AND MONEY at risk.

“Each year, over $33 billion in medical costs and $9 billion in lost productivity due to heart disease, cancer, stroke, and diabetes are attributed to diet.”



August 2003, http://www.cdc.gov/nccdphp/pe_factsheets/pe_pa.htm retrieved 3/5/05

Healthy diets may help eliminate cost of medications for some people



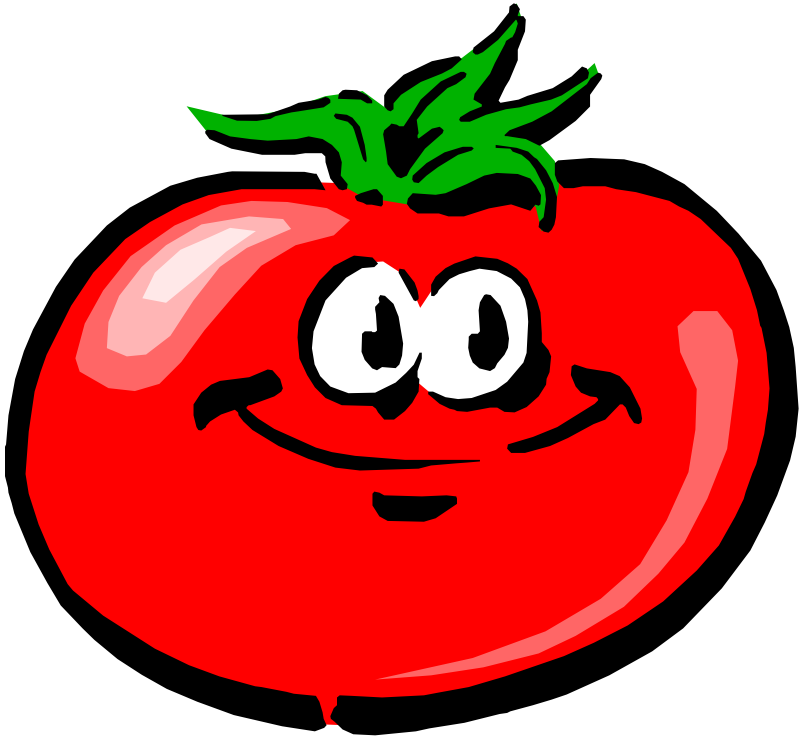
Cost of pills/month*

- **High cholesterol**
  $95 to $100
- **Diabetes**
  $125 to $150
- **High blood pressure**
  $40 to $50

***Costs vary with the type of medication and may be more or less than these amounts.**

“Pills” vs. food: Ever see side effects listed on a food label?

- Dizziness
- Nausea
- Blurred vision
- Muscle cramps
- Headache
- Constipation
- Breathing difficulties
- Insomnia
- Decreased sex drive
- Tremors



Food tastes better, too!

Supplements vs. food

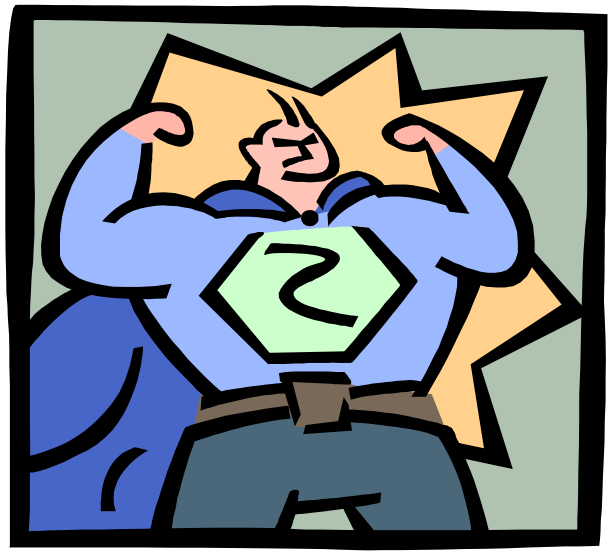
Foods may contain additional substances and provide benefits not available from fortified foods, nutrient supplements and vitamin/mineral pills.

Foods may provide substances not found in pills – example:

- **Individuals were placed on 1 of 3 diets:**
  - **Low in calcium and dairy, *OR***
  - **Calcium supplements but low in dairy, *OR***
  - **3 daily dairy servings.**
- **Each person ate 500 calories less than their actual needs.**
- **After 24 weeks, those on the high-dairy diet on average lost the greatest amount of body weight and fat.**

Zemel MB, et al. Dietary calcium and dairy products accelerate weight and fat loss during energy restriction in obese adults. *Obesity Research.* 2004; 12(4): 582-590.

No single superhero food



- **Many interactions occur among food constituents (such as fiber, nutrients, and phytochemicals) that affect disease risk.**
- **It is time to pay more attention to foods themselves, as packages of nutrients, and to overall dietary patterns.**

Source: First International Conference on Food Synergy, 2001
http://www.5aday.com/html/research/consensus_highlights.php

Importance of total diet

The "Dietary Approaches to Stop Hypertension" clinical study (DASH Eating Plan) showed …

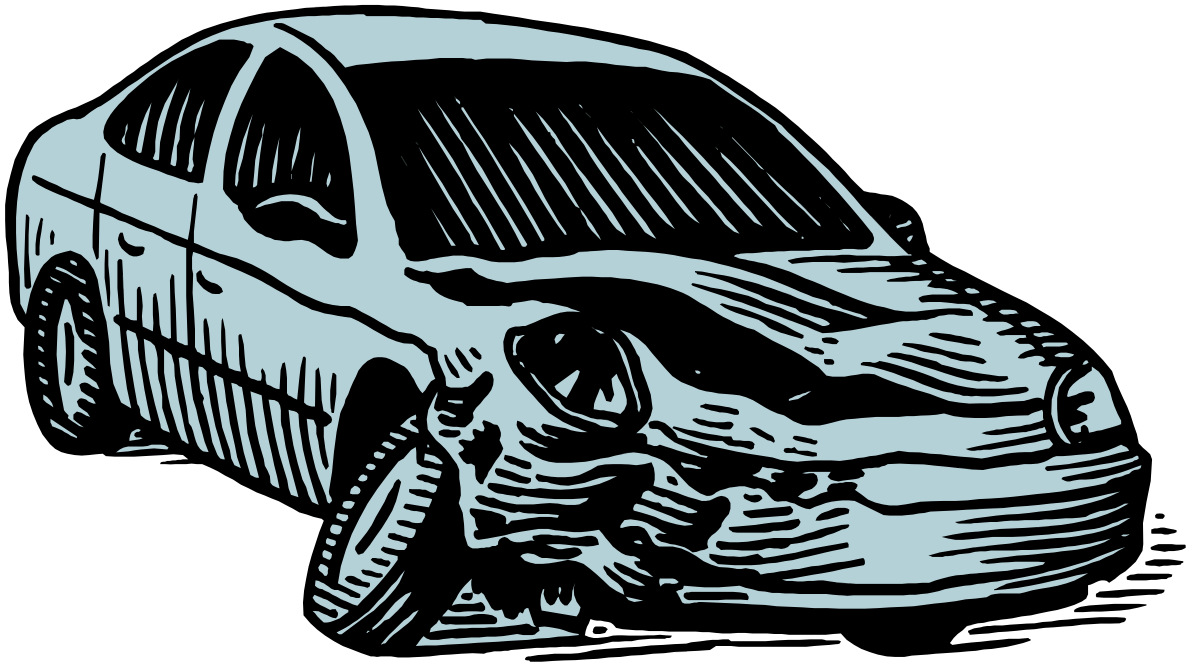
- **Fruit and vegetable consumption lowers blood pressure …**
- **Adding low-fat, high-calcium foods to a diet high in fruits and vegetables further lowers blood pressure, and …**
- **Even greater reductions occur when sodium intake is restricted**

http://www.5aday.com/html/research/consensus_highlights.php

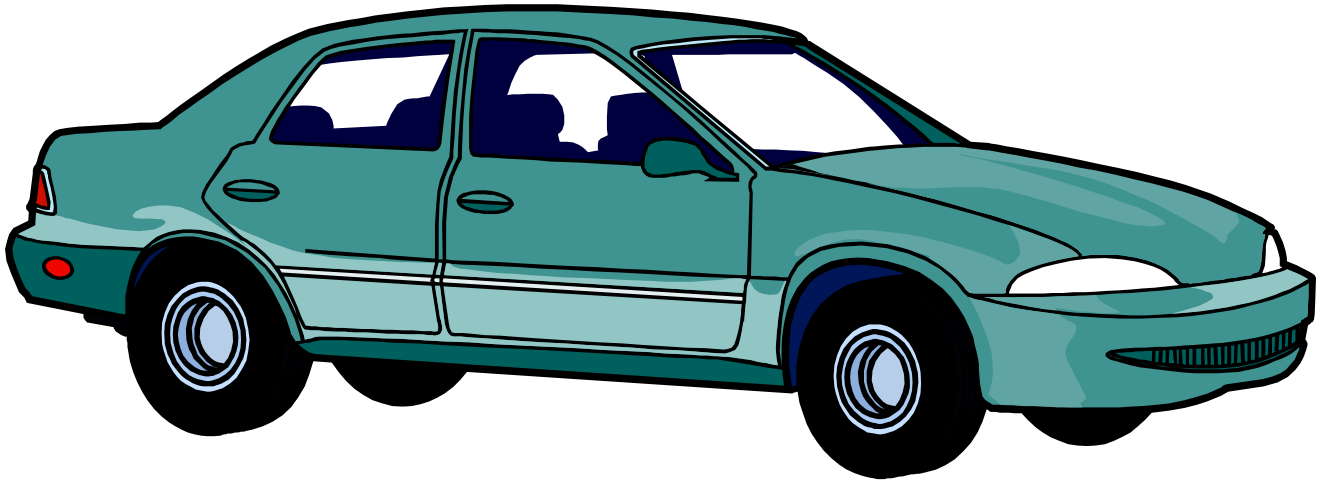
If science could create a pill that gave us all the vitamins and minerals we need, the only problem would be …

Swallowing it!

Could you afford to care for your car like you do your body?



Plus … you can replace a car with a new model!



Food for thought: Can you eliminate a “latte factor”™ from your budget?

If a person saved just $5 a day by forgoing a fancy latte and muffin (or something else equal to $5) and invested it with a 10% annual return — in 41 years the total would be $1,000,000!

~ The Automatic Millionaire

5 budgeting$ teps

1. Stay within your budget
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3. **Choose the most value for calorie salary**
4. Spend on “extras” after the necessities are purchased
5. Plan a budget for YOU

$tep 3. Choose the most value for calorie salary

A great-looking car with a bad engine offers little value if it:

- **Wipes out our budget.**
- **Doesn’t get us where we want to go.**

Make certain you get enough of these food groups

1. Fruits
2. Vegetables
3. Whole grains
4. Dairy products

http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm

Recommendations 1 & 2: fruits and vegetables

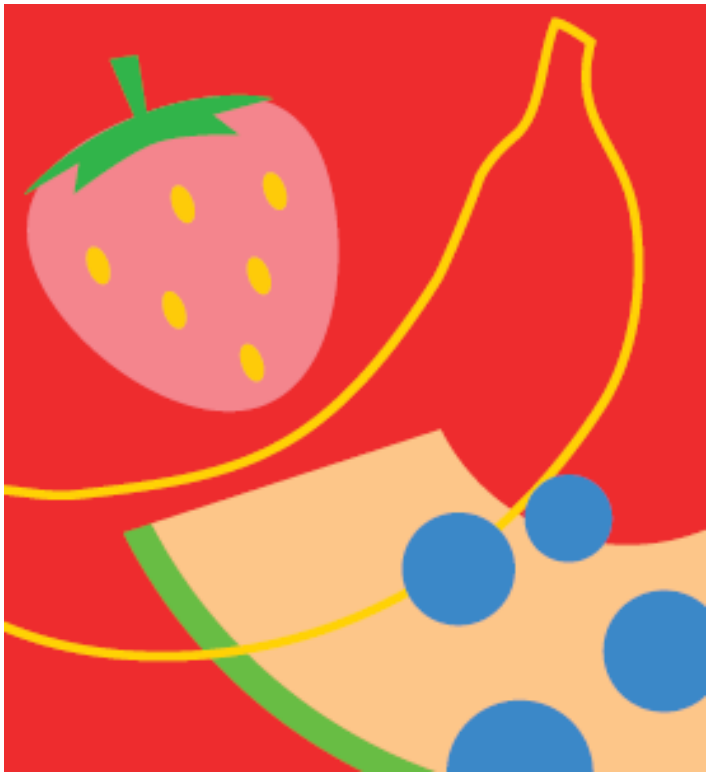
1. **Consume a sufficient amount of fruits and vegetables while staying within energy needs.**

2. **Choose a variety of fruits and vegetables each day.**

Focus on fruits

- **Eat 2 cups of fruits per day (for a 2,000 calorie diet).**

- **Select fresh, frozen, canned, or dried fruit, rather than drinking fruit juice, for most of your fruit choices.**



Note this equivalent:
¼ cup dried fruit = ½ cup fruit

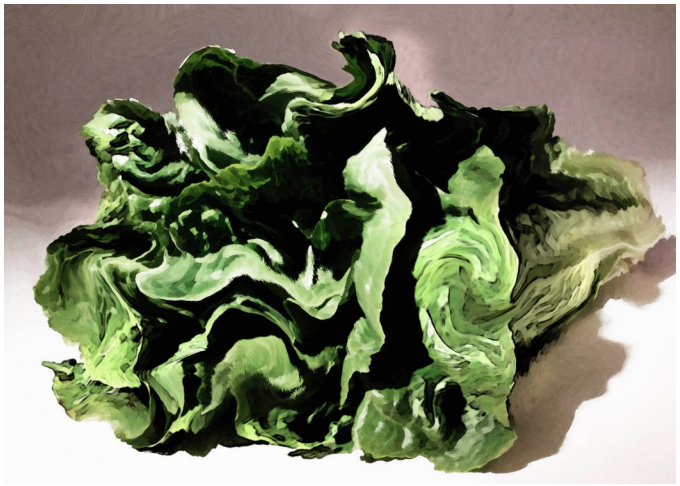
Vary your veggies

- **Eat 2½ cups of raw or cooked vegetables per day (for a 2,000 calorie diet).**
- **Select from all five vegetable SUBGROUPS several times a week.**

Note this equivalent:
2 cups raw leafy greens = 1 cup of vegetable

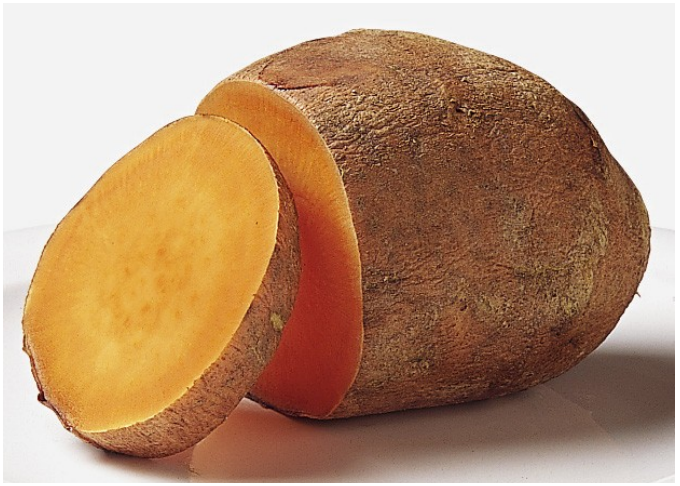
Subgroup 1: Dark green vegetables

- **Broccoli**
- **Spinach**
- **Most greens — spinach, collards, turnip greens, kale, beet, mustard greens**
- **Green leaf and romaine lettuce**



Subgroup 2. Orange vegetables

- **Carrots**
- **Sweet potatoes**
- **Winter squash**
- **Pumpkin**



Subgroup 3. Legumes

Dry beans and peas such as:

- **Pinto beans**
- **Kidney beans**
- **Black beans**
- **Garbanzo beans (chickpeas)**
- **Soybeans**
- **Split peas**
- **Lentils**

MyPyramid includes dry beans, peas and soybeans in the meats & beans group as well as the vegetable group; however, they count for only one food group at a time.

Subgroup 4. Starchy vegetables

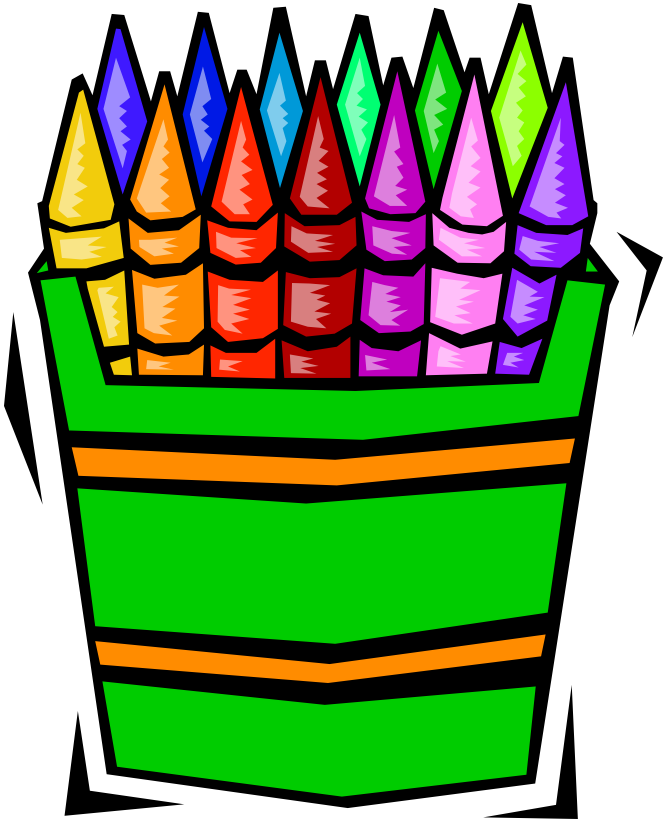
- **White potatoes**
- **Corn**
- **Green peas**

Subgroup 5. Other vegetables

- **Tomatoes**
- **Cabbage**
- **Celery**
- **Cucumber**
- **Onions**
- **Peppers**
- **Green beans**
- **Cauliflower**
- **Mushrooms**
- **Summer squash**

“For optimum health, scientists say eat a rainbow of colors. Your plate should look like a box of Crayolas.”

~Janice M. Horowitz, TIME, January 12, 2002



Recommendation 3: Grains

Eat six “1 ounce-equivalents” of grain products daily (for a 2,000 calorie diet):

- **Make at least half of grains whole grain.**
- **The rest of grains should come from enriched or whole grain products.**

Definition: 1 ounce-equivalent

In the grains food group, a "1 ounce-equivalent" is the amount of a food counted as equal to a 1 ounce slice of bread.

Equivalents:

- **1 slice bread**
- **½ cup cooked pasta, cooked rice or cooked cereal**
- **1 cup ready-to-eat cereal**

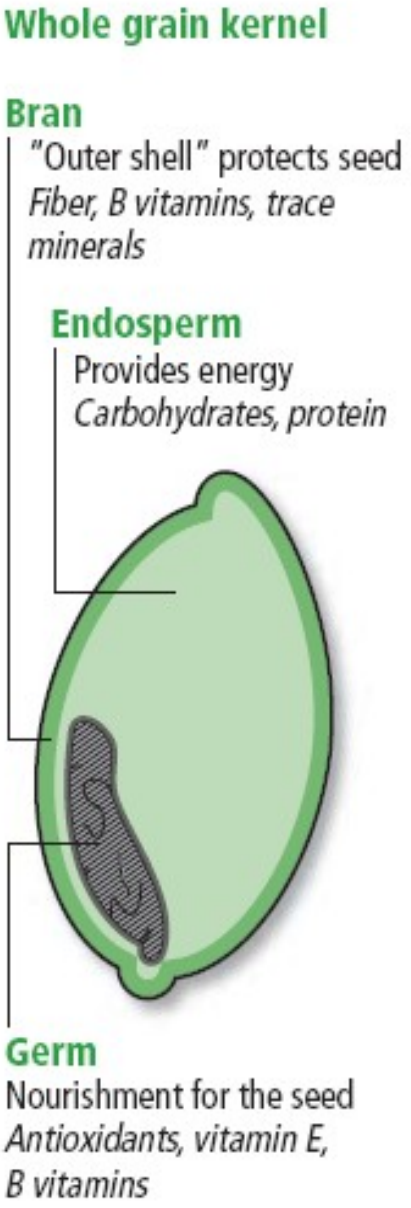
Definition: Whole grains

- **Foods made from the entire grain seed (usually called the kernel) which consists of:**
  - **Bran**
  - **Germ**
  - **Endosperm**
- **If the kernel has been cracked, crushed, or flaked, it must retain nearly the same relative proportions of bran, germ, and endosperm as original grain to be called whole grain.**

Gains with whole grains

"*Refined grains* have been milled — the bran and germ are removed. This process also removes much of the B vitamins, iron, and dietary fiber.

...some refined grains are *enriched*. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to most enriched grains."



http://www.pueblo.gsa.gov/cic_text/food/grain/train.pdf

Examples of whole grains

- **Whole wheat**
- **Whole oats/oatmeal**
- **Whole grain corn**
- **Popcorn**
- **Brown & wild rice**
- **Whole rye**
- **Whole grain barley**
- **Buckwheat**
- **Tritacale**
- **Bulgur (cracked wheat)**
- **Millet**
- **Quinoa**
- **Sorghum**

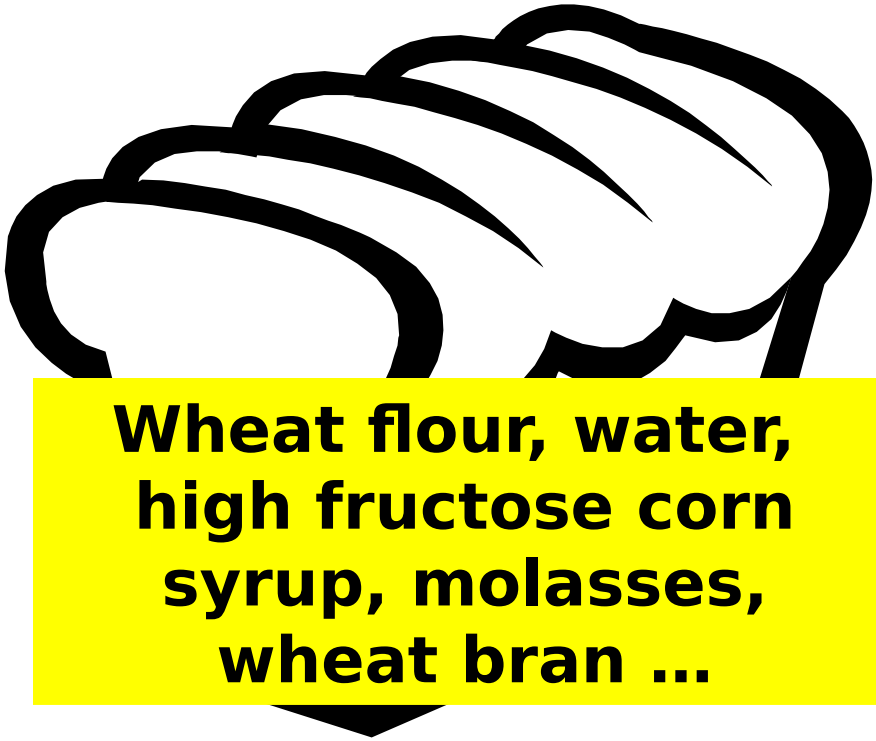
Label reading and whole grains

Choose foods with a whole grain ingredient listed first on the label's ingredient list.

Ingredients are listed in descending order of weight (from most to least).

Which is the whole grain bread?

A



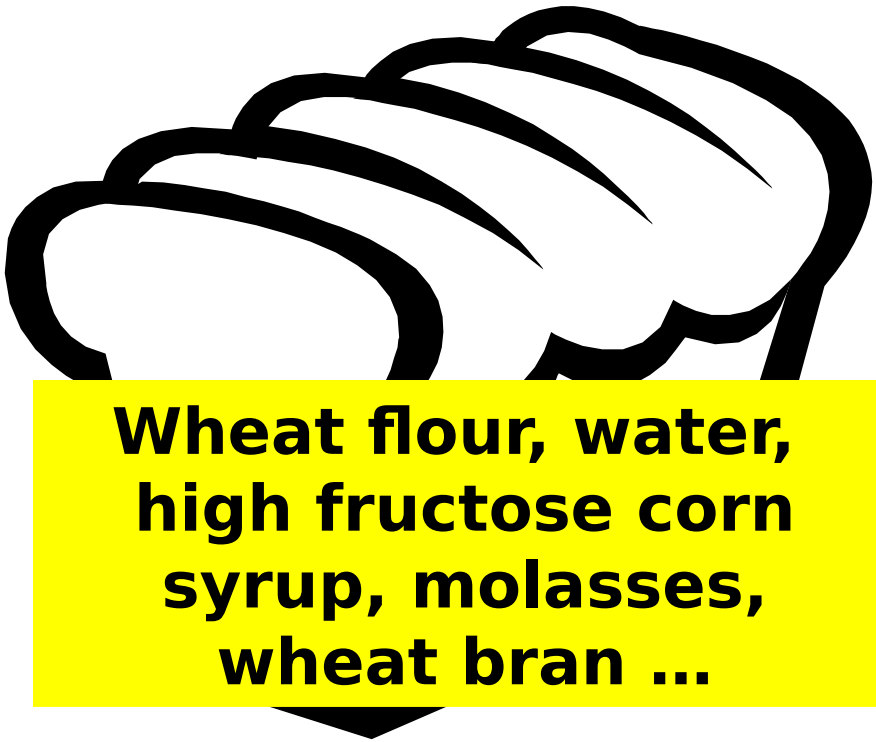
Wheat flour, water, high fructose corn syrup, molasses, wheat bran …

B

Whole wheat flour, water, brown sugar …

Answer: B has WHOLE wheat as the first ingredient!

A



Wheat flour, water, high fructose corn syrup, molasses, wheat bran …

B

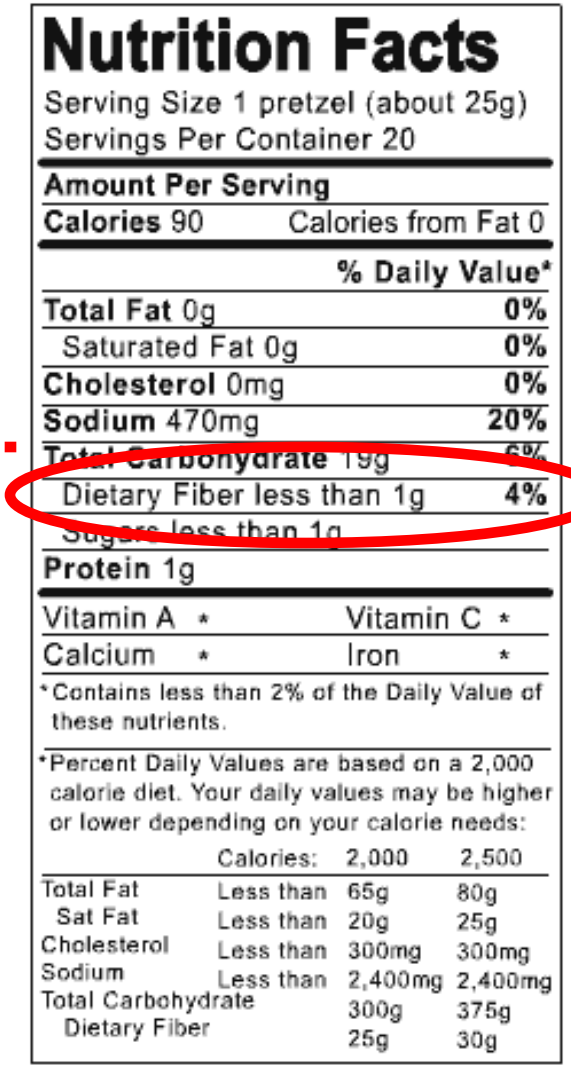
Whole wheat flour, water, brown sugar …

Color and whole grains

- **Color is not an indication of a whole grain.**
- **Bread can be brown because of molasses or other added ingredients.**
- **Read the ingredient list to see if grain is a WHOLE grain.**

Wheat flour, water, high fructose corn syrup, molasses, wheat bran

“Nutrition Facts” label and grains



Nutrition Facts

Serving Size 1 pretzel (about 25g)
Servings Per Container 20

Amount Per Serving

Calories 90 Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 470mg	**20%**
Total Carbohydrate 19g	**6%**
Dietary Fiber less than 1g	**4%**
Sugars less than 1g	
Protein 1g	

Vitamin A	*	Vitamin C	*
Calcium	*	Iron	*

*Contains less than 2% of the Daily Value of these nutrients.

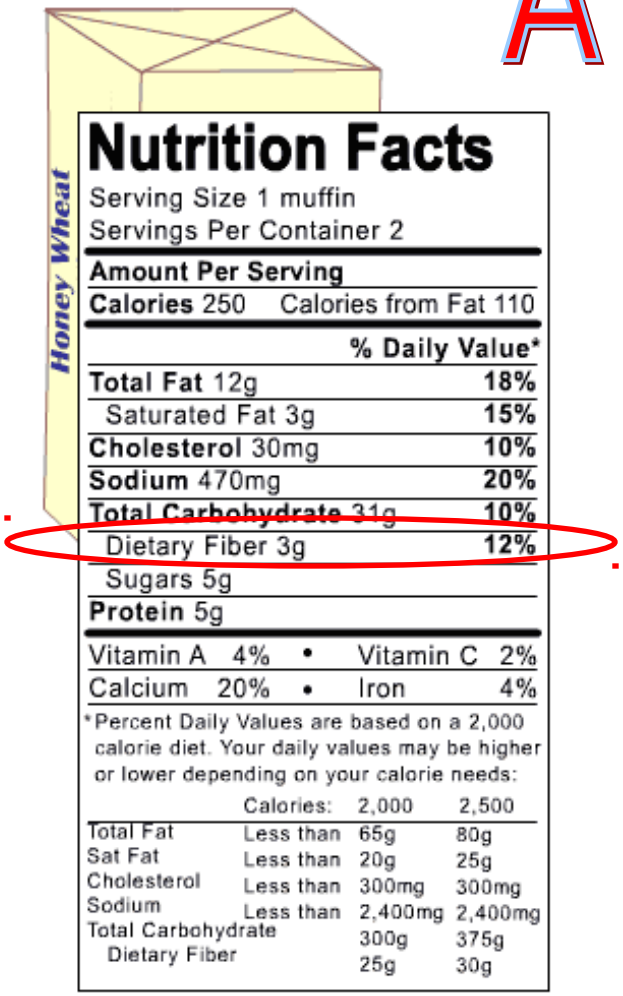
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- **Use “Nutrition Facts” label to help choose whole grain products with a higher % Daily Value (%DV) for fiber.**
- **The %DV for fiber is a good clue to the amount of whole grain in the product.**

Which grain food is higher in fiber?

A

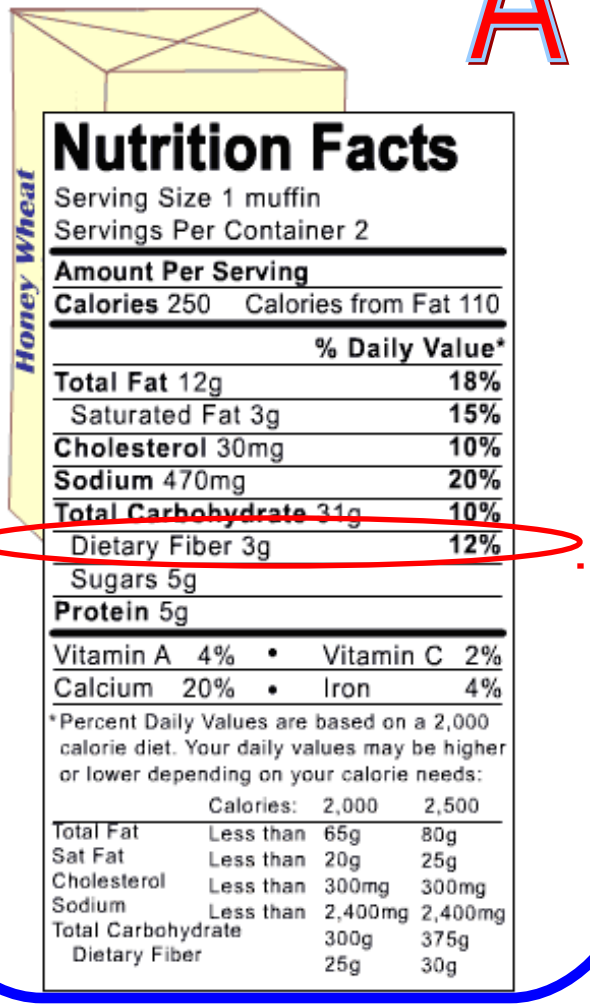

Honey Wheat
Nutrition Facts
Serving Size 1 muffin
Servings Per Container 2
Amount Per Serving
Calories 250 Calories from Fat 110
% Daily Value*
Total Fat 12g 18%
Saturated Fat 3g 15%
Cholesterol 30mg 10%
Sodium 470mg 20%
Total Carbohydrate 31g 10%
Dietary Fiber 3g 12%
Sugars 5g
Protein 5g
Vitamin A 4% • Vitamin C 2%
Calcium 20% • Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

B

Oat Bran
Nutrition Facts
Serving Size 1 muffin
Servings Per Container 2
Amount Per Serving
Calories 250 Calories from Fat 110
% Daily Value*
Total Fat 12g 18%
Saturated Fat 3g 15%
Cholesterol 30mg 10%
Sodium 470mg 20%
Total Carbohydrate 31g 10%
Dietary Fiber 2g 8%
Sugars 5g
Protein 5g
Vitamin A 4% • Vitamin C 2%
Calcium 20% • Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Answer: A with 3 grams of fiber!

A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Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Watch wording on grains!

Foods are usually not whole grain products if labeled with these words:

- **Multi-grain**
- **Stone-ground**
- **100% wheat**
- **Cracked wheat**
- **Seven-grain**
- **Bran**

Recommendation 4: Dairy

Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products:

For children ages 2 to 8, it's 2 cups per day

For information about non-dairy sources of calcium, see MyPyramid.gov

Dairy products

Equivalents:

- **8 ounces milk (1 cup)**
- **1 cup yogurt**
- **1½ ounces natural or 2 ounces processed**

Photo: Courtesy of National Dairy Council®

More for your dollars with dairy!

Average sugar in one 12-ounce non-diet soft drink (10 teaspoons).
Calories: 150

Skim Milk
Serving Size 8 fl oz (240mL)
Servings Per Container 2

Calories 80 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

Vitamin A 8% • Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 25%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
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For lactose intolerant

- **Eat small portions of dairy foods; gradually increase amount.**
- **Combine dairy foods with other foods.**
- **Try non-milk dairy foods**
  - **Cheeses**
  - **Yogurt made with live, active bacteria**
- **Pre-digest lactose**
  - **Lactose-hydrolyzed milk**
  - **Commercial lactase preparations (capsules, chewable tablets, solutions)**

Considerations: Other food groups

Go lean for protein

Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices — with more fish, beans, peas, nuts, and seeds.

Eat 5½ ounces (or equivalent) of lean meat, poultry or fish (for a 2,000 calorie diet)

Definition: 1 ounce-equivalent

In the meat & beans group a "1 ounce-equivalent" is considered the following:

Equivalents:

- **1 ounce meat, poultry or fish**
- **¼ cup cooked dry beans or peas**
- **1 egg**
- **1 tablespoon peanut butter**
- **½ ounce of nuts or seeds**

Definition: Oils

Oils are fats that are liquid at room temperature, such as vegetable cooking oils. Oils come from many different plants and from fish.

Most of the fats you eat should be polyunsaturated (PUFA) or monounsaturated (MUFA) fats. Oils are the major source of MUFAs and PUFAs in the diet. PUFAs contain some fatty acids that are necessary for health—called "essential fatty acids."

Oils are in!

Because oils contain essential fatty acids, there is an allowance for oils in MyPyramid.

Recommended intake ranges from 3 teaspoons to 7 teaspoons daily based on age, sex and level of physical activity.

Acceptable oils

- **Common oils such as:**
  - **Canola**
  - **Corn**
  - **Cottonseed**
  - **Olive**
  - **Safflower**
  - **Soybean**
  - **Sunflower**

- **Some oils used mainly as flavorings, such as walnut oil and sesame oil.**

- **A number of foods naturally high in oils, like:**
  - **Nuts**
  - **Avocados**
  - **Olives**
  - **Some fish**

- **Foods that are mainly oil, such as mayonnaise, certain salad dressings, and soft margarine (tub or squeeze) with no *trans* fats.**

MyPyramid homepage

Check here for more information on the food groups & related topics

USDA
United States Department of Agriculture
MyPyramid.gov
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Go
Subjects
Inside the Pyramid
Dietary Guidelines
For Professionals
Related Links
Steps to a Healthier You
My Pyramid Plan
Age:
Sex:
[Select]
Physical Activity:
Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.
[Select]
SUBMIT
One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level in the MyPyramid Plan box.
For a detailed assessment of your food intake and physical activity level, click on MyPyramid Tracker.
Use the advice "Inside MyPyramid" to help you
Make smart choices from every food group,
Find your balance between food and physical activity, and
Tip of the Week
MyPyramid: Do it for you. Make one small change each day for a healthier you.

5 budgeting$ teps

1. **Stay within your budget**
2. **Consider “true cost” of poor nutrition**
3. **Choose the most value for calorie salary**
4. **Spend on “extras” after the necessities are purchased**
5. **Plan a budget for YOU**

$tep 4. Spend on "extras" after the necessities are purchased

- **MORE FUN** to buy expensive furniture than spend on home maintenance.
- **NOT FUN** if house deteriorates over time.

Definition: Discretionary calories

Depending on the foods you choose, you may be able to spend more calories than the amount required to meet your nutrient needs.

These calories are the "extras" that can be used on luxuries like solid fats, added sugars, and alcohol, or on more food from any food group.

They are your "discretionary calories."

MyPyramid "discretionary calories"

Age and sex	Not physically active*		Physically active**	
	Estimated total calorie need	Estimated discretionary calorie allowance	Estimated total calorie need	Estimated discretionary calorie allowance
Children 2-3 years old	1000 calories	165***	1000-1400 calories	165 to 170
Children 4-8 years old	1200-1400 calories	170***	1400-1800 calories	170 to 195
Girls 9-13 years old	1600 calories	130	1600-2200 calories	130 to 290
Boys 9-13 years old	1800 calories	195	1800-2600 calories	195 to 410
Girls 14-18 years old	1800 calories	195	2000-2400 calories	265 to 360
Boys 14-18 years old	2200 calories	290	2400-3200 calories	360 to 650
Females 19-30 years old	2000 calories	265	2000-2400 calories	265 to 360
Males 19-30 years old	2400 calories	360	2600-3000 calories	410 to 510
Females 31-50 years old	1800 calories	195	2000-2200 calories	265 to 290
Males 31-50 years old	2200 calories	290	2400-3000 calories	360 to 510
Females 51+ years old	1600 calories	130	1800-2200 calories	195 to 290
Males 51+ years old	2000 calories	265	2200-2800 calories	290 to 425

Recommended foods vs. "discretionary calories"

- **Recommended foods are:**
  - **Lowest fat form of food**
  - **No added sugar**

- **Discretionary calories may include**
  - **Higher fat forms of food**
  - **Foods with added sugar**
  - **Alcohol (in MODERATION)**
  - **Increased intake of basic food groups**

- **Most solid fats and all added sugar calories are discretionary calories**

Definition: Added sugars

“Added sugars” are sugars and syrups that are added to foods during processing or preparation.

Added sugars do not include naturally occurring sugars such as those which occur in milk and fruits.

ttp://www.mypyramid.gov/downloads/MyPyramid_education_framework.pdf

Alcoholic beverages

12 ounces

5 ounces

1.5 ounces

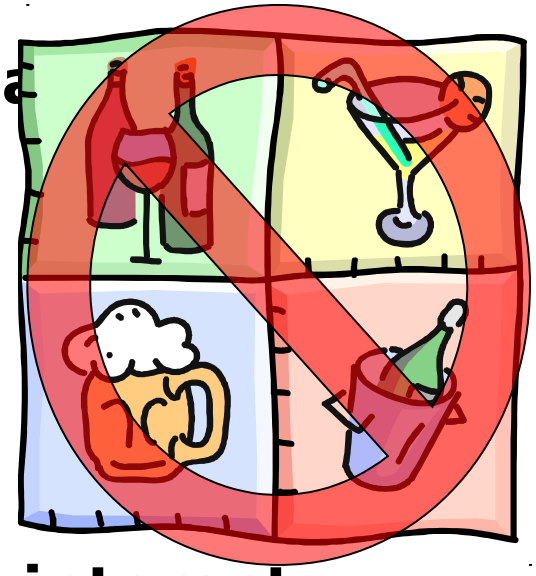
Those who choose to drink alcoholic beverages should do so sensibly and in moderation — defined as the consumption of up to 1 drink per day for women and up to 2 drinks per day for men.

1 drink:

- **12 ounces regular beer**
- **5 ounces wine**
- **1.5 ounces 80-proof distilled spirits**

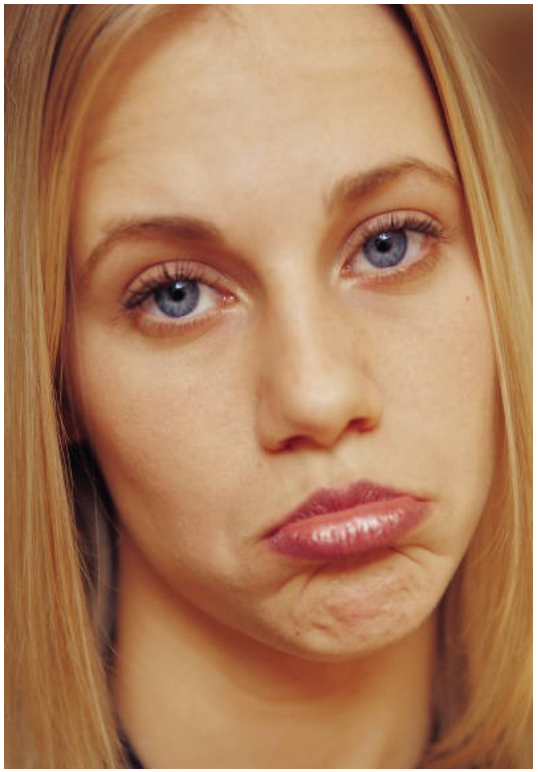
People who should avoid alcohol

- **Those who cannot restrict their alcohol intake.**
- **Women of childbearing age who ma become pregnant.**
- **Pregnant and lactating women.**
- **Children and adolescents.**



- **Those taking medications that can interact with alcohol and people with specific medical conditions.**
- **Individuals engaging in activities that require attention, skill, or coordination, such as driving or operating machinery.**

For many people, the discretionary calorie allowance is totally used by the foods they choose in each food group, such as higher fat forms of foods or sweetened products.



5 budgeting$ teps

1. Stay within your budget
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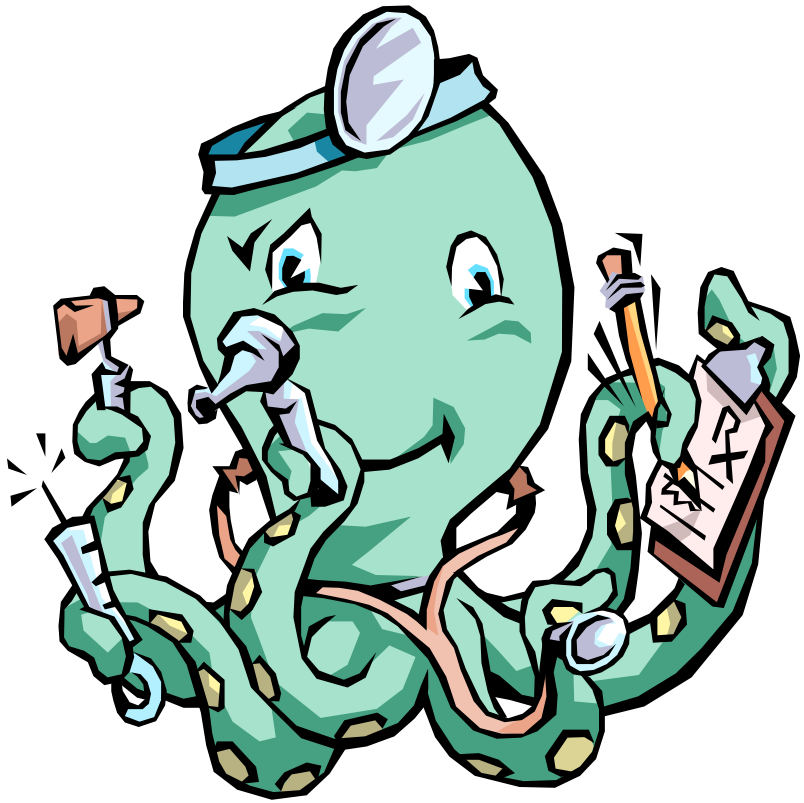
5. Plan a budget for YOU

$tep 5. Plan a budget for YOU

Fine-tune what you're already eating to meet MyPyramid guidelines

As you “budget,” choose foods that taste good as well as are good for you!



“ What some call health, if purchased by perpetual anxiety about diet, isn't much better than tedious disease.”

~George Dennison Prentice

Situation 1

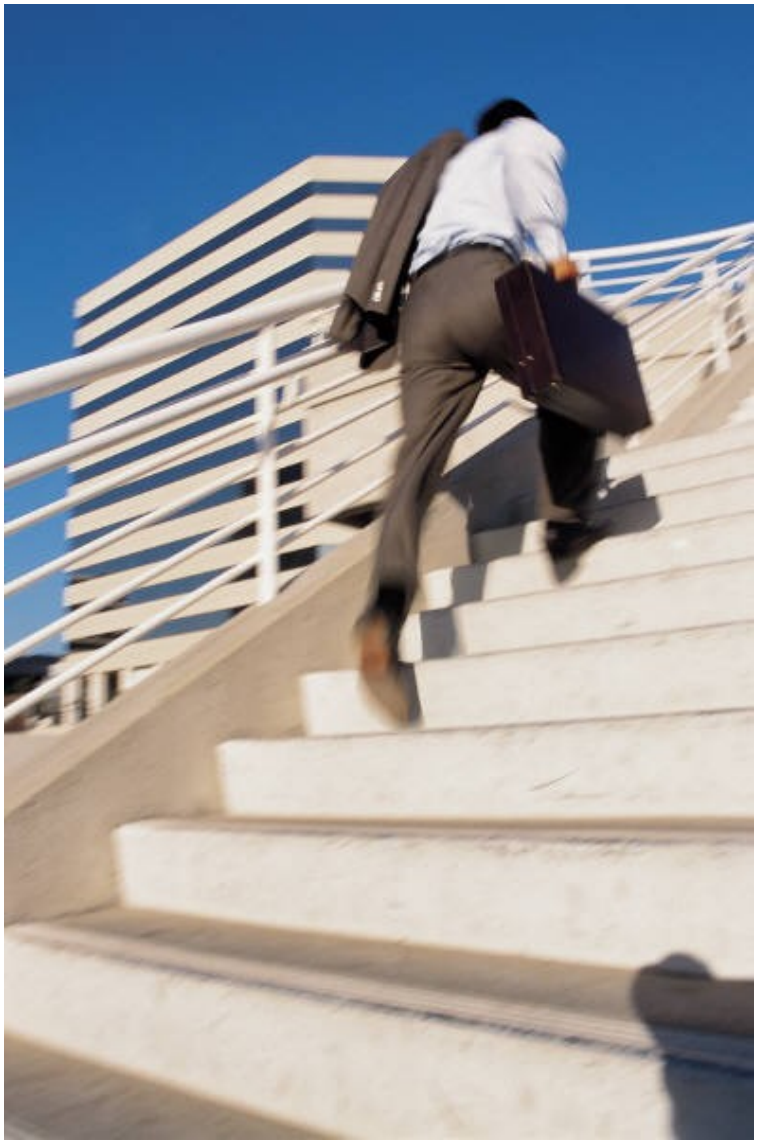
SITUATION: **You're already eating a low number of calories and are still struggling to lose weight.**

FINE-TUNE:

Kick up the level of physical activity.

Walking up stairs burns almost 5 times more calories than riding an elevator.

http://www.cdc.gov/nccdphp/dnpa/stairwell/index.htm



“A man’s health can be judged by which he takes two at a time — pills or stairs.”

~Joan Welsh

Situation 2

SITUATION:
Combined fruit and vegetable intake is several servings below recommendations.

FINE-TUNE:

Eat larger servings, snack on fruits and vegetables.

My Favorite Smoothie

(serves 1)

- 1 cup unsweetened, frozen raspberries
- 3/4 cup orange juice
- 1/2 cup fruit-flavored, low-fat or non-fat yogurt

Blend all ingredients well in blender. Enjoy!

Situation 3

Photo courtesy of
http://www.usarice.com

SITUATION:

Less than half of grain group servings are whole grain.

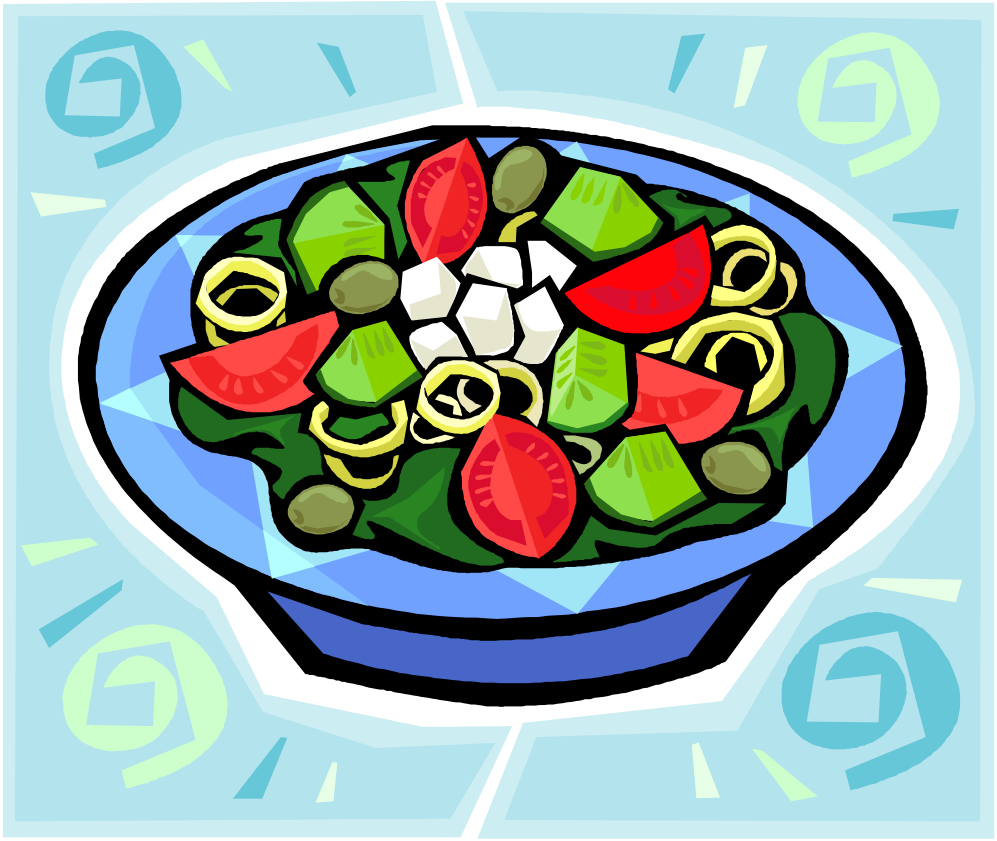
FINE-TUNE:

Look for whole grain alternatives to grains you're already eating.

Situation 4

SITUATION:

There is a lack of variety in your vegetables.



FINE-TUNE:

- **Add extras to salads, such as:**
  - **Red or green peppers**
  - **Tomatoes**

- **Buy a package of mixed vegetables when shopping for vegetables.**

Spend your “calorie salary” wisely

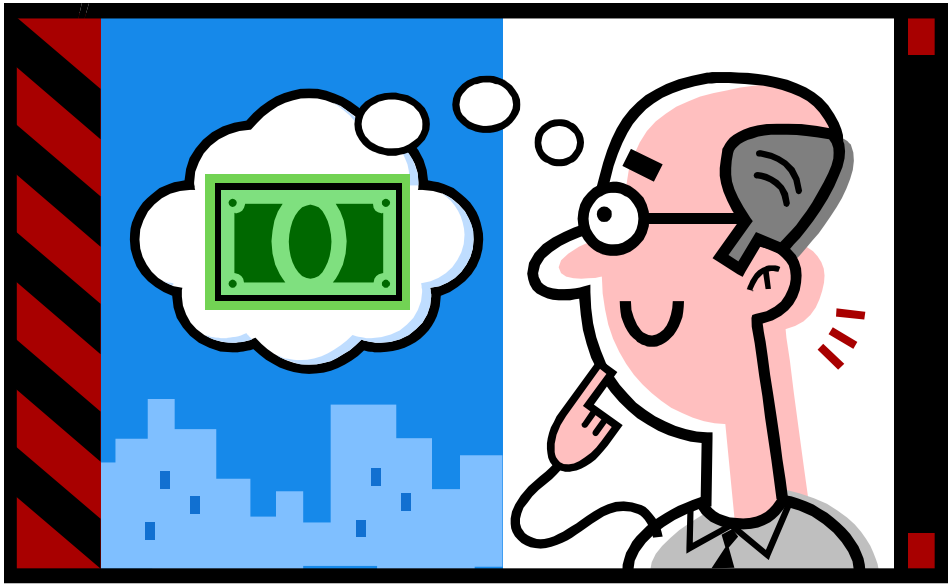
“Eating right is vital to promoting health and reducing the risk for death or disability due to chronic diseases such as heart disease, certain cancers, diabetes, stroke, and osteoporosis.”

Remember ….

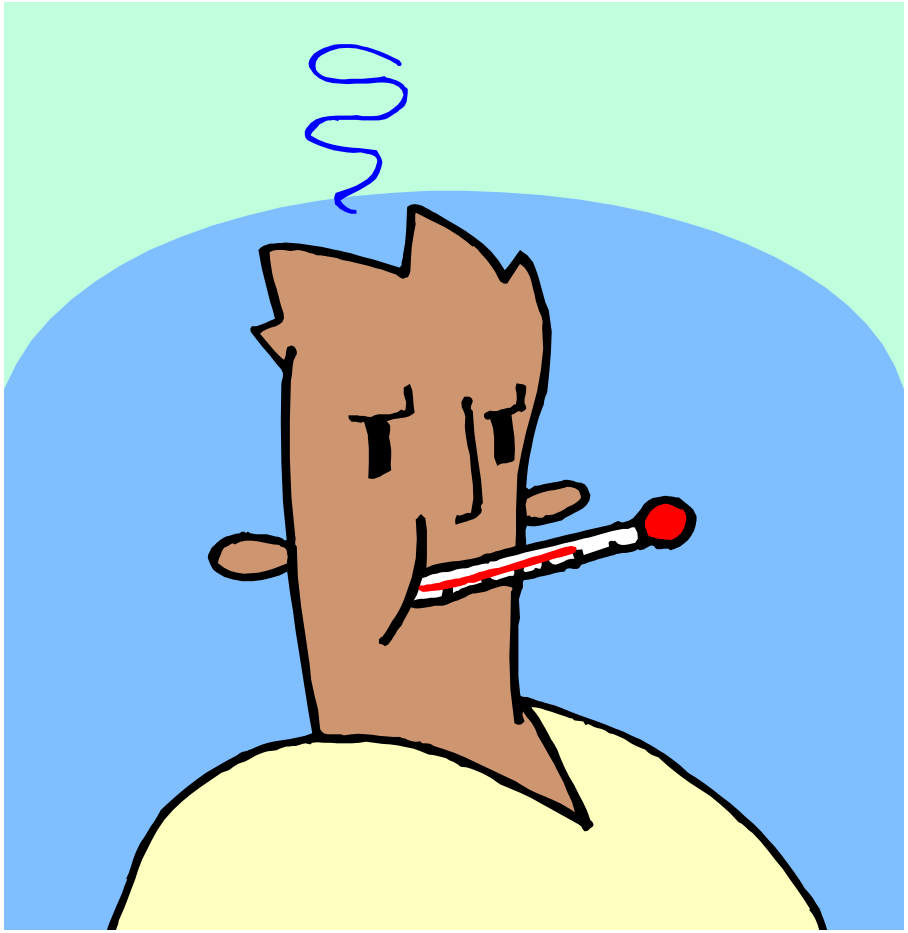
Source: http://www.healthierus.gov/nutrition.html__

“Money is the most envied, but the least enjoyed.

Health is the most enjoyed, but the least envied.”

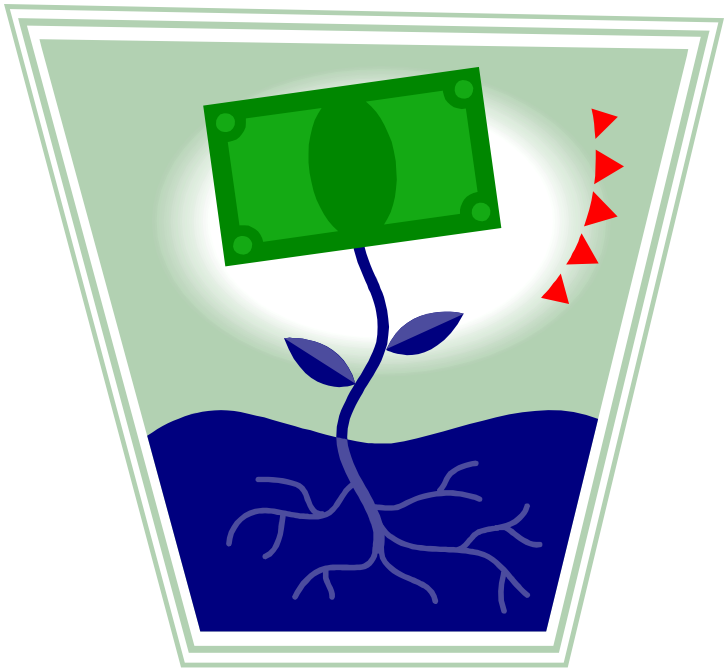


~Charles Caleb Colton



“Our health always seems much more valuable after we lose it.”

~Author unknown



“The first wealth is health.”

~Ralph Waldo Emerson

Finally …

“If you don’t take care of your body, where are you going to live?”

~Author unknown

For more information

- **MyPyramid.gov**
  http://www.mypyramid.gov

- **Dietary Guidelines for Americans, 2005**
  http://www.health.gov/dietaryguidelines/dga2005/document